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TUNE IN TO THE CITY

Podcasting is alive and well in the capital metroNEWS

'Shocking' sexual assault numbers

metro EXCLUSIVE

Ottawa police deemed over 2.5K cases unfounded over 15-year period

Joe Lofaro
Metro | Ottawa

More than 2,500 sexual assaults reported to the Ottawa Police Service within the past 15 years have been deemed unfounded — a statistic one victims' advocate says is "shocking."

Even a veteran Ottawa police officer struggled to find the words to put that number into context.

"I have a really hard time commenting on that. The number is what the number is," said Insp. John Maxwell. "I have to trust in my detectives that they've done complete, thorough investigations and that there simply wasn't enough evidence to lay a charge."

Metro requested information on the number of sexual assaults deemed unfounded between 2000 and 2015 from Ottawa police under the Municipal Freedom of Information and Protection of Privacy Act.

There were 2,538 sexual assault cases deemed unfounded in that period, according to the data. In 2012 alone, there were 220 reported sexual assaults that the police deemed to be unfounded.

> **"This is a systemic problem. We see that in almost every police service."**
> Sunny Marriner

The data covered all types of sexual assaults, including — but not limited to — aggravated sexual assaults, sexual assault of a person under the age of 16 and sexual exploitation. A disclaimer on the documents released to Metro warned the statistics had not been analyzed. Still, the volume of sexual assault complaints in which no charges have been laid is concerning to Sunny Marriner, executive director of the Ottawa Rape Crisis Centre.

"Evidence shows us that people only fabricate sexual assault reports approximately one to two per cent of the time. So, the discrepancy between what we know to be true about the level of fabrication versus what we see in unfounded categories is deeply problematic," said Marriner.

The data shows the number of unfounded cases dropped significantly beginning in 2013, and Maxwell attributes that to a shift that year in police giving sexual assault cases a different code internally. Now cases in which police determine there is not enough evidence to lay a charge are classified as "founded, not solved" instead of unfounded.

It was a "positive" step taken by police, said Maxwell, because it was in direct response to local violence against women advocates calling for clearer reporting statistics. But since charging rates have not changed, Marriner said, it's too early to say this is progress.

"Unfounding rates dropping do not automatically mean that charges are being laid when they can be," she said, adding that charging rates are often lower than unfounded rates.

Marriner and other advocates are currently at an impasse with Ottawa police after their attempts to audit unredacted sexual assault cases was rejected by the force due to privacy concerns.

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metro NEWS

Your essential daily news

Brussels police, far-right mob clash at attacks shrine. **World**

Liver transplant touches family

HEALTH

Give Gala aims to raise awareness of organ donation

Joe Lofaro
Metro | Ottawa

Filomena Germano, left, and her father Tony Pasqua and family friend Jenn Bruno are organizing the Give Gala on April 16. Bruno donated most of her liver to Pasqua last fall during his years-long battle with cancer. JOE LOFARO/METRO

It's not every day that organ transplant recipients know who their donor is, let alone drive in the same car together to the Toronto General Hospital for a life-saving operation.

But that's exactly how it all went down last fall with Jenn Bruno and her best friend's dad, Tony Pasqua, who needed a transplant after his liver had been attacked by multiple cancerous tumours.

The Ottawa residents have known each for more than 20 years, so it was no surprise that Bruno jumped at the chance to donate 75 per cent of her liver to him once she found out she was a perfect match.

"To me, it was totally meant to be, so I was excited to do it," recalled Bruno after a sitting down to a bowl of gnocchi at Pasqua's home last Tuesday evening.

While Bruno, 31, was anxious to drop everything and go under the knife, Pasqua said he was a wreck just thinking about letting her go through with it.

"I really was afraid for her because it's a huge operation that she had and anything could happen. I didn't want anything to happen to her. I've known her since she was little girl," she said.

"She's like my daughter."

Doctors gave him about five years to live when he was diagnosed in 2012. Chemotherapy and radio frequency ablation only managed the cancer, but more tumours popped up and doctors feared it might spread to other organs.

Time was ticking for the 59-year-old.

After some rigorous tests last summer, doctors found Bruno was a match.

The Oct. 7 operation was a success — Bruno returned to work after her liver fully grew back and Pasqua moved back to Ottawa after living in Toronto in the month-and-a-half after his surgery to continue his anti-rejection medication regiment.

Pasqua said he spent more than $3,000 to rent a suite near the Toronto hospital so that doctors could keep a close eye on him.

Realizing that other transplant families are struggling with their travel and living expenses, the pair is hosting a fundraiser to support the Toronto General's Transplant Patient and Family Support Fund.

Jenn Bruno and Tony Pasqua pose for a photo one week before their surgeries. CONTRIBUTED

The fund provides financial support for families' travel and accommodation expenses during the transplant process.

"In fact, (Bruno's mom) met somebody that was there who was waiting for their transplant and their family wasn't there. She was all alone because her family couldn't afford to do the travel there and that's kind of sad," said Pasqua's daughter, Filomena Germano, who is helping organize The Give Gala.

"We want to give back to the program. We were so pleased with their care that they have given my father and my friend."

The gala, which will include live entertainment and a silent auction, will be held at Sala San Marco Banquet Hall on April 16, to coincide with National Organ and Tissue Awareness Month. Tickets can be purchased by visiting facebook.com/ottawadonors.

The transplant process has been an eye-opening one for Bruno, who wants to raise awareness about organ donation by educating people in Ottawa about how important and easy it can be.

"Before the surgery I didn't know the liver grew back and that after three to six months (I'd) be back to normal. Most people don't know that … they just assume big surgery, there's going to be issues for the rest of my life. (But) I'm essentially back to normal," said Bruno.

The experience has brought the two even closer together. They text each other more and meals together at the Pasqua dinner table have become more frequent, she said.

Bruno, who is part Argentinian by heritage, jokes that Pasqua, an Italian-Canadian, now has a little Argentinian in him. And that's fine by him.

"Jenn is my saviour."

ORGAN DONATION IN OTTAWA

- Ottawa has one of the lowest donor registration rates in Ontario, according to beadonor.ca, which ranks the capital in the 130th spot out of 179 communities across the province. Although Ottawa's donor registration rate of 34 per cent is comparably low, it is still higher than the provincial average of 29 per cent.
- There are 130 people in Ottawa are waiting for a lifesaving organ transplant, 98 of whom are waiting for a kidney, according to the most recent data.
- Since 2011, Ottawa has seen 105 deceased organ donors and 552 tissue donors.
- In the past five years, Ottawa residents have received 352 organ transplants.
- Since 2012, Ottawa has had 103,092 new registrants.

SOURCE: BEADONOR.CA, TRILLIUM GIFT OF LIFE NETWORK

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Local podcasters speak up on Ottawa's thriving scene

NEW MEDIA

Programs talk craft beer, city politics, local music and more

Haley Ritchie
Metro | Ottawa

Ottawa has plenty of talk radio, but how many local podcasts are you listening to?

For the unacquainted, podcasts are short radio programs focused on specific topics — everything from professional advice to quirky history lessons to true crime. The shows generally follow a certain theme and are serialized into regular episodes that can be downloaded via websites or iTunes.

Professional podcasters with a studio and a budget to match have started to go mainstream, but the explosion of popularity for digital radio shows have allowed hobbyists to grow their audience, too.

Think of these hobbyists as audio bloggers. As the medium grows, more people in Ottawa are taking to the microphone to share local stories.

If you have an ear for local and want to stay in the know, you might want to give them a listen.

"Other podcasts will entertain you for a bit but they won't inspire you to live in your city and enjoy the incredible things that are here," said Nick Bachusky, co-host of local podcast Lunch Out Loud, one of the longest running in the area.

"They won't encourage you to support local music or support local business, which is what we do," he said.

From left: Rob Attrell, Amaan Bashir and Keegan On recording live from the heart of Centretown.
HALEY RITCHIE/METRO

Bachusky has hosted Lunch Out Loud since November 2014 with co-host Andrew Miller. Since then the duo has recorded over 130 episodes, intertwining local music with new guests each week. Each 40-minute episode features tracks from a local band or musician with interviews in between with a wide range of Ottawa personalities.

"It was easy to get guests, people are always willing to come on the show and give a good story," said Bachusky.

For hosts recording and editing podcasts is a creative endeavour, but Bachusky said seeing that hundreds of people have listened to an episode is a reward as well.

> People are always willing to come on the show and give a good story.
> Nick Bachusky, Lunch Out Loud co-host

"I know that people are listening and I know people are being entertained," he said.

Many of Ottawa's local podcasters are focused on one individual in a way that many other mediums don't allow for.

"In the city of a million, how many people do you really know?" asks one of three hosts behind Ottawhat, a similar hour-long show that focuses on delving deep into the people who live in the city.

Host Rob Attrell said the group originally wanted to start a creative comedy project. While the hosts still have fun with guests and regularly post satirical news articles to their website, the podcast became a more earnest look at the city.

"Part of the reason we started it is we get to showcase Ottawa in a different light," said Ottawhat host Keegan On, denouncing the stereotype that the capital is boring.

Almost every podcast host said that podcasting might just be the best way to get to know a city.

"I like to know what's going on in Ottawa. I've learned a lot of new and neat things," said Ottawhat host Amaan Bashir.

Ottawhat and Lunch Out Loud change up guests every week without a specific focus but can be downloaded by the single episode if you're looking for a particular topic.

Municipal affairs junkies might be more interested in downloading Ottawhat's interview with Mayor Jim Watson, for example. Craft beer fans in the capital might be more interested in Lunch Out Loud's sit-down with Dominion City brewery.

For those interested in the local business environment, Ottawa's recently launched GrowCast has a slightly more narrow focus, generally interviewing entrepreneurs and business owners in the city.

"We're creating a community of like-minded people in the city," said co-host Paul Stevenson.

"We don't have a set theme, but the underlying requirement is that they have a unique career. They're people with their own brand, their own stories and a lot of experience," he said.

130

Since November 2014, Nick Bachusky has hosted more than 130 episodes of Lunch Out Loud with co-host Andrew Miller.

TUNE IN

Here are some great local podcasts. Tweet your faves: @metroottawa

Lunch Out Loud
Length: 40 minutes
Hosts: Nick Bachusky and Andrew Miller
Description: Local music and local guests to inspire.

Stonehall Sessions
Length: 60 minutes
Hosts: Adam White and Riley Byrne
Description: Weekly podcast focused on live performances and interviews with bands.

Ottawhat?
Length: 40-50 minutes
Hosts: Amaan Bashir, Rob Attrell and Keegan On
Description: Interviews with both well-known and everyday Ottawa residents.

GrowCast
Length: 60 minutes
Hosts: Paul Stevenson and Greg Campbell
Description: Hour-long sit-down discussions with people diverse business careers.

The Watering Hole
Length: 30 minutes
Hosts: Barâa Arar and Buraidah Aslami Razack
Description: Bi-weekly show with friends talking about life's big questions.

5 THINGS WORTH KNOWING ABOUT THIS WEEK

From hockey news to an artsy event and a comedy show, here's an eclectic lineup of local Ottawa happenings.

Lucy Scholey
Metro | Ottawa

1 Ottawa 67s

Ottawa's OHL team will continue battling for the Memorial Cup at TD Place this week. Catch game three of the playoffs on Monday at 3 p.m. and game 4 on Wednesday at 7 p.m. Tickets are still available, if you want to cheer on the local guys as they face off against the Niagara IceDogs.

2 The Sens

Ottawa's NHL team is not doing so hot. It looks like they'll miss the playoffs and owner Eugene Melnyk has already said "nobody is safe" in his plans for the team. This week, the Sens are on the road for three games: Winnipeg on Wednesday to face the Jets at 7:30 p.m., a game against the Wild on Thursday at 8 p.m. and an afternoon game against the Flyers on Saturday.

3 From four to two

What would the Sir John A. Macdonald Parkway look like with two fewer lanes? The National Capital Commission is looking at a new "linear park" that would involve changing the parkway to a two-lane route from Carling Avenue to Island Park Drive. If approved, the changes would roll out in the early 2020s. Ottawa residents are invited to comment on an online survey at **www.ncc-ccn.gc.ca.**

4 Spring into this craft sale

Crafty nerds, this is for you: The EY Centre is hosting 180 artists and designers from across the country at Originals — The Spring Craft Sale starting Thursday. There will be stuff to wear, eat and decorate your home with. Check it out between 11 a.m. and 5 p.m. on Thursday until April 3. **Tickets cost $7 and kids 12 and under get in for free.**

5 Be a smartass

Steve Patterson, host of CBC's weekly comedy The Debaters, is bringing another show, The Smartass-ociates, to Centrepointe Theatres for two live tapings on March 30 and 31. This is more of a current affairs show, where Patterson chats with the country's newsmakers and experts about the latest news. Comedians like Evany Rosen and Ron Sparks will join the discussion. Newsy hilarity will ensue. **Tickets cost $25.10.**

Stepping up on the world stage

FILM

Small-budget producers are taking notice of Ottawa

David Sali
Ottawa Business Journal

When the horror film February debuted at the Toronto International Film Festival last September, few but the most dedicated cinephiles would have known about its close link to the National Capital Region.

Starring Emma Roberts and Mad Men's Kiernan Shipka, February was filmed in Canada, but not in the production hotbeds of Toronto or Vancouver. It was shot in the dead of winter just south of Ottawa, mostly on the Ontario Agricultural College's Kemptville campus.

Produced by local residents Robert Menzies of Zed Filmworks and Alphonse Ghossein of Go Insane Films, February was the first film ever financed and made in the Ottawa area to be officially selected for TIFF.

"That we can produce a film in this city that has a market value around the world, I take a lot of pride in that, and I think all of the crew and all of the local cast take pride in that," says Menzies, who owns Zed Filmworks with partners Curtis Crawford and Don Osborne.

February was just one of several local film productions in the past few years to feature high-profile Hollywood actors, following others such as Penthouse North (2013), which starred two-time Oscar nominee Michael Keaton, and the 2011 film Sacrifice with Cuba Gooding Jr. and Christian Slater. Menzies was a producer on both projects.

"The city has been a great place to film," he says. "The industry continues to get stronger and stronger every year in Ottawa."

After spending years as a producer in Mexico, the United States and Europe, Menzies returned to his hometown because he wanted to raise his family here and because he felt the nation's capital was a "very viable place" to make movies.

The city's crews can match up with anyone's, he said, adding Ottawa is an ideal location for movies with budgets of between $1 million and $10 million because filmmakers get more bang for their buck than in places like Toronto where labour and other production costs are higher.

"That is an area where Ottawa can really excel," he says. "The better we are at that budget level, the busier Ottawa will be because the bigger centres like Vancouver, Toronto and Montreal have a harder time dealing with what they would consider a smaller budget. They're set up for big budgets. We have a real niche, not to compete with Toronto or Montreal, but to really increase the pie for all of us."

> That we can produce a film in this city that has a market value around the world, I take a lot of pride in that. Robert Menzies

Overall, they say, the film business is one of the capital's most overlooked industries, directly employing hundreds of people and generating millions of dollars in economic spinoffs for sectors such as hospitality and tourism.

Bruce Harvey, head of the Ottawa Film Office, says the number of shooting days in the capital region has been steadily rising over the past few years and he expects that trend to continue.

Still, some prominent industry figures say that growth is being stunted by jurisdictional red tape.

Governments on both sides of the Ottawa River need to eliminate barriers that are impeding efforts to market the region and promote Ottawa-Gatineau as a film production centre, says Michael Dobbin of local studio Quiet Revolution Pictures.

Dobbin says he often partners with European producers who can't understand why they have to deal with film commissioners from two different cities, Ottawa and Gatineau, as well as various levels of government to get projects approved.

Robert Menzies of Zed Filmworks says the movie business is on the rise in Ottawa. CONTRIBUTED

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CRIME

Woman, 24, critically injured in Bells Corners shooting

Joe Lofaro
Metro | Ottawa

Ottawa police say a 24-year-old woman is in critical condition after she was shot in Bells Corners early Sunday morning.

Ottawa police say they responded to calls for gunshots at a housing complex shortly after 5 a.m. near Sonnet Crescent and Seyton Drive where the shooting occurred.

The woman, who has not been identified, is suffering from life-threatening injuries in hospital, police say.

Acting Insp. Carl Cartright said police do not have a suspect and do not yet know the motive behind the shooting.

"It is still the early hours of the investigation," said Cartright at the scene Sunday morning.

Access to the area is being monitored by police who have cordoned off a large section of homes facing Moodie Drive.

The shooting has rattled some residents in the west-end neighbourhood, which does not usually see such violence.

Maria Mondragon, who said she has lived in the neighbourhood for nearly 20 years, said it was unsettling to see police activity outside her doorstep.

"Right now I don't feel safe. I felt safe when the officer was at my door, but not now," said Mondragon.

This is the city's 15th shooting of the year.

An Ottawa police cruiser on Sonnet Crescent, where a 24-year-old woman was shot and left in critical condition Sunday. JOE LOFARO/METRO

Leanne Moussa, organizer with the All Saints church, said its coffee shop is surprisingly busy over the lunch hour.
ASHLEY MOFFATT/FOR METRO

A place for everybody

COMMUNITY

Former church is still a space for people to congregate

At first glance, All Saints church – with its Gothic Revival architecture – would probably not look like the type of place where people do yoga or treat themselves to a coffee. But All Saints isn't a typical church.

Since its purchase last December, the historic Sandy Hill church has become a bustling neighbourhood hub that still has plans for expansion and holds non-denominational services.

People have been drawn to the building, which in the past has been the setting for state funerals and sits directly on Prime Minister's Row, a historic part of Laurier Avenue.

Inside are different rooms for hosting events, a coffee shop and a weekly art gallery. There's also urban space for young professionals looking for a small spot in the city, with the monthly cost of office space ranging from $350 for a shared space to $1,500 for a private office.

Leanne Moussa, one of the organizers of the drive to purchase and redevelop the building, says the church revamp was meant to serve both the community and the project's investors.

"I wanted two groups that were normally at odds to work together," she said. "It's sort of an appropriate place to do that too, a church."

The coffee shop was envisioned as a hub for people in the community, as well as those that rent in the building, to come together and talk about things Canadians really care about.

"Really our vision and goal for this is for it to become a center for political discourse," said Moussa. "We think that there's already a critical mass of NGO's along this street. We think there's definitely a need for a place in Canada where Canadians can really participate in the debates of a nation." ASHLEY MOFFATT/METRO

GUINNESS WORLD RECORD

Yellow journalism fans ready

If you're a fan of Guinness World Records, urine for a treat.

On Tuesday, Ottawa college and university students will try to set the record for the most chlamydia and gonorrhea urine tests taken in one day at the same spot.

Organizers say urine testing is the only way to tell if you have one of these sexually transmitted infections, which often come without symptoms and can be easily cured with antibiotics.

Ottawa students will try to whiz by the current world record of 502 urine tests by setting their own mark.
STEVE RENNIE/METRO

HEALTH

'Moralistic' view on e-cigs a danger: Expert

Haley Ritchie
Metro | Ottawa

Health Canada is wary of e-cigarettes and the City of Ottawa is banning them where they can, but one Ottawa smoking researcher says it's the wrong move.

"My goal is to reduce death and disease. The problem is smoke, not the nicotine. If we can give people nicotine without the smoke we largely solve the health problem," said David Sweanor, a professor of law at the University of Ottawa.

Sweanor has worked in the tobacco control field since the 1980s and views e-cigarettes as an evolution in technology that could help addicts, but not everyone agrees with him.

Health Canada has been slow to regulate e-cigarettes. In 2009 the organization advised Canadians not to use them, and banned the sale and import of products containing nicotine.

Despite the official ban, products are still widely available in Ottawa and the rest of the country.

Sweanor wants public health officials to approach e-cigarettes as a harm-reduction method.

"There's a lot of people who have an abstinence-only moralistic view," he said. "They see smoking and smokers as sin and sinners. It's very much like the war on drugs or trying to deal with teenage sexuality by saying no sex outside of marriage.

"An abstinence-only view kills people instead of saves people," he said. "Any barrier in the way of people using a less hazardous product has to be firmly based on science and human rights."

> **They see smoking and smokers as sin and sinners.**
> David Sweanor, professor

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CONSERVATION

Arctic permits may have expired

Environmentalists say talks on creating a third national marine conservation area are being held up over Arctic offshore energy exploration permits that may not legally exist.

"Looking at the permits, it looks like the rights expired in 1979," said Alex Speers-Roesch of Greenpeace.

The federal government has been trying for years to protect the waters of Lancaster Sound, the eastern gate of the Northwest Passage and home to a wealth of Arctic seabirds and mammals. The effort is strongly supported by local Inuit hunters and land claim groups.

But drawing the exact boundaries of the area, off the north coast of Nunavut's Baffin Island, has been at least partly held up over 30 exploration permits issued in the early 1970s to Shell.

Ottawa, under the previous Conservative administration, argued to keep the permits outside the area; Inuit and environmental groups wanted the protected area to include them and block industry activity. Shell wants compensation for any rights it loses.

But researchers have now found those permits may not be valid.

"Exploration rights are supposed to not last longer than nine years," said Speers-Roesch. "When we were looking at the existing exploration rights in the Arctic, the Shell permits stood out because they've been around for decades."

An Access to Information search found no evidence the permits had been renewed. Nor could Indigenous and Northern Affairs Canada, the responsible department.

THE CANADIAN PRESS

Directives given to spy agency kept largely secret

SECURITY

Civil liberties group protests CSIS's lack of transparency

The federal government has issued guidance to Canada's spy agency on using contentious new anti-terrorism laws — but most of the instructions won't be made public.

Many passages of the ministerial direction to the Canadian Security Intelligence Service, issued last July, were withheld from release due to provisions of the Access to Information Act concerning security, internal deliberations and cabinet confidences.

The office of Public Safety Minister Ralph Goodale said ministerial offices are not involved in the processing of access requests, nor should they be.

But the federal decision to keep much of the ministerial direction under wraps did nothing to reassure those with concerns about C-51, the omnibus security bill that received royal assent early last summer.

> **One of our greatest concerns with C-51 is that CSIS has been given extraordinary new powers.**
> Josh Paterson, executive director of the British Columbia Civil Liberties Association

The legislation gave CSIS the power to actively disrupt suspected terrorist plots, even allowing the spy service to take actions that breach the Charter of Rights and Freedoms as long as a judge approves.

"One of our greatest concerns with C-51 is that CSIS has been given extraordinary new powers, including the power to break the law and violate the Constitution," said Josh Paterson, executive director of the British Columbia Civil Liberties Association.

"While some details need to remain secret, it's troubling that so much of the minister's high-level, general direction to CSIS on how the agency should interpret its new powers is blacked out. The government should be more transparent about the direction it is giving our spy agencies as to how they should be accountable."

While the public safety minister does not dictate day-to-day decisions by CSIS, he periodically issues written directions to the spy agency that broadly guide its actions.

The July direction combined and replaced two previous instructions, one on spy agency operations and another on accountability to the minister.

BY JIM BRONSKILL / THE CANADIAN PRESS

BIOLOGY GLIDER MAKES WAVES University of Victoria researchers hope to have a whale of a tale on their hands when their unmanned, subsea glider returns from the depths next month.

Geographer David Duffus and his team at UVic's Whale Research Lab launched a two-metre underwater drone off the western coast of Vancouver Island last week and sent it on a 23-day mission along the shelf break in Clayoquot Canyon to give scientists a rare glimpse into the behaviour and habitat of the region's whales.

"We really don't know much about the lives of whales," Duffus told Metro. "This will give us a snapshot of the animals, what they're feeding on and what their habitat is like. It's really poorly understood, especially further off the coast of B.C."

MATT KIELTYKA/METRO VANCOUVER

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TRAGEDY

Community mourns after toddler's body found

The joy of Easter was tempered by sadness in a Manitoba community following the tragic conclusion to the search for a missing two-year-old boy.

"Today, the family of Chase Martens is completely devastated as they come to grips with the tragic loss of their little boy," read a statement on Sunday by the Canadian Centre for Child Protection.

THE CANADIAN PRESS

UNEMPLOYMENT

Minister defends worker benefit gaps

Finance Minister Bill Morneau defended the Liberal government's decision to boost employment insurance benefits for parts of Alberta and Saskatchewan while leaving some hard hit areas of the oilpatch out of the budget plan.

Morneau said the government had to decide what areas across the country needed the most help with extra weeks of employment insurance benefits for jobless workers.

Left off that list were cities like Edmonton, and parts of Saskatchewan that Premier Brad Wall has said could also use the help.

Morneau told CTV's Question Period that the government picked 12 regions to help them "deal with what's been a significant change and a harder time for those people to get re-employed."

Those 12 regions had what Morneau described as "sharp increases in unemployment that have been sustained."

THE CANADIAN PRESS

Easter bombing kills 65

PAKISTAN

More than 300 injured in terrorist blast in Lahore park

A breakaway Pakistani faction of the militant Taliban group has claimed responsibility for an Easter Sunday bombing in a park in the eastern city of Lahore that killed 65 people.

Ahsanullah Ahsan, spokesman for Jamaat-ul-Ahrar, said a suicide bomber with the faction deliberately targeted the Christian community.

The explosion took place near the children's rides in Gulshan-e-Iqbal park — which was crowded with Christians celebrating Easter — local police chief Haider Ashraf said. He said the explosion appeared to have been a suicide bombing, but investigations were ongoing.

The attack killed 65 people and wounded more than 300, said Deeba Shahnaz, a spokesman for Lahore rescue administration.

Punjab's chief minister Shahbaz Sharif announced three days of mourning and pledged to bring the perpetrators to justice, said Zaeem Qadri, a spokesman for the provincial government.

The park was manned by police and private security guards, police chief Haider Ashraf said. ``We are in a warlike situation and there is always a general threat but no specific threat alert was received for this place,'' he added.

Schools and businesses in the city will remain closed on Monday, the city's schools association and the Union of Lahore Traders said.

1 A woman weeps for her injured family members as she tries to speak to security at a local hospital in Lahore, Pakistan.

2 Pakistani police officers and rescue workers gather at the site of bomb explosion in a park where Christians were celebrating Easter.

3 An man injured by a bomb blast talks on his cellphone at a local hospital.

ALL PHOTOS K.M. CHUADARY/THE ASSOCIATED PRESS

Prime Minister Nawaz Sharif held a meeting to assess the security situation in Lahore, according to a government statement. Pakistan's army chief, Gen. Raheel Sharif, also convened an emergency meeting of the country's intelligence agencies to begin to track down those responsible for the attacks, said army spokesman Gen. Asim Saleem Bajwa.

Salman Rafiq, a health adviser to the Punjab government, called on people to donate blood, saying that many of those wounded were in a critical condition.

One witness, who wished to be identified only by his first name, Afzal, said he had taken 20 children to hospital and carried three dead bodies to a police car.

"I can't explain to you the tragic situation," he said.

A witness, not identified by name on Pakistan's Geo TV station, said he was heading toward a fairground ride with his wife and two children when he heard a huge bang and all four of them were thrown to the floor. A woman was shown crying while looking desperately for her missing five-year-old son.

A spokesman for the U.S. National Security Council said that the United States "condemns the attack in the strongest terms," describing it as a "cowardly act in what has long been a scenic and placid park."

Ned Price said the U.S. would continue to work with Pakistan and its partners to "root out the scourge of terrorism."

Prime Minister Justin Trudeau also condemned the attack, tweeting that it was a "deplorable" act and offering his thoughts and prayers to the victims and their families.

Vikas Swarup, spokesman for India's External Affairs ministry, tweeted that Prime Minister Narendra Modi telephoned Pakistani premier Nawaz Sharif to express his deep condolences. He said Modi "underlined the need for uncompromising efforts to fight against terrorism."

THE ASSOCIATED PRESS

> **We are in a warlike situation and there is always a general threat.**
> Police Chief Haider Ashraf

BELGIUM

Uneasy mood in Brussels

Belgian riot police clashed Sunday with hundreds of right-wing hooligans at a temporary shrine honouring victims of the Brussels suicide bombings, as investigators launched fresh anti-terror raids, taking four more people into custody.

Police used water cannons when scuffles broke out in front of the Bourse, which has become a symbolic rallying point for people to pay their respects to those who died in Tuesday's attacks. Black clad men carrying an anti-Islamic State group banner with an expletive on it trampled parts of the shrine, shouting Nazi slogans. Ten were arrested and two police officers injured.

"We had 340 hooligans from different football clubs who came to Brussels and we knew for sure that they would create some trouble," Police Commissioner Christian De Coninck said. "It was a very difficult police operation because lots of families with kids were here."

Federal prosecutors, meanwhile, said Sunday morning's raids were linked to a "federal case regarding terrorism" but didn't specify whether it was the March 22 attacks.

Thirteen raids were launched in the capital and the northern cities of Mechelen and Duffel. An investigating judge was to decide later whether to keep the four in custody. Five were released after questioning.

Suspected plotters also were arrested Sunday in Italy and the Netherlands, though few details of their activity were released immediately.

Tuesday's bomb attacks are also tearing at the fabric of the government, justice system and police, and Belgium's interior minister sought Sunday to contain the growing criticism of the government's handling of the tragedy. THE ASSOCIATED PRESS

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Women face uphill battle

ESPORTS

Commentator says females are not taken seriously

Jennifer Pichette of Sudbury, a professional commentator for eSports, typically commentates on the Call of Duty series of video games. TORSTAR NEWS SERVICE

Jennifer Pichette has been playing video games since she was a kid. That's not unusual.

Like some people with a lifelong love of video games, she started playing professional tournaments. That's not unusual either.

Then she realized she liked commentating better than playing professionally, and started commentating online tournaments. Still not unusual.

But Jennifer Pichette is a woman, and in the worlds of professional video game playing and commentating, that is unusual, often to the detriment of the woman trying to make it in a burgeoning industry.

"Females aren't taken seriously," said Pichette, a Sudbury-based Masters of Medical Microbiology student at Laurentian University and commentator who is known online as LemonKiwi.

"It's just hard for a female gamer to come on the rise, and possibly even be professional."

Though eSports have been around since the early 1990s, the rise in popularity in the past few years has helped the once niche hobby turn into a lucrative sport competing for the mainstream.

With the jump into mainstream come some growing pains, though. Studies have shown more than half of all gamers are women, but they're still under-represented in eSports and commentating.

Pichette has experienced this first-hand. Being a female "caster" is still seen as an exception rather than the norm — and the problem is worse for players, she said.

Men will exclude women from teams, citing a lack of professional experience, but Pichette said it usually has more to do with gender than experience.

The problem extends to casting. When Pichette comes on a stream, her mostly male audience isn't expecting a woman to be their caster, and when they find she is, it leads to mixed results. "When they hear a female voice, they're kind of thrown off. It's sometimes not as well accepted," she said. Comments on her streams will suddenly shift from talking about the game to about how a woman is casting.

The opportunities have been steady for Pichette. She'll be hosting a Call of Duty tournament at the Enthusiast Gaming Live Expo, taking place April 29 to May 1 in Toronto.

Pichette still wants more women to have opportunities in gaming. She's started an all-female professional Call of Duty league, in the hopes that a safer space will encourage more women to consider playing professional eSports.

TORSTAR NEWS SERVICE

EMPLOYMENT

Precarious work creeping into white-collar jobs

They're part-time employees without health benefits or pensions who work split shifts at a number of different locations each week. From one paycheque to the next, their income fluctuates, as do their hours.

These aren't workers hustling behind fast-food counters. They're aspiring librarians, often with at least one master's degree.

Precarious work, often associated with service-sector jobs, is spreading to jobs that were once considered realms of stable employment with benefits and pensions to boot.

"This type of employment has increasingly become the norm," said Wayne Lewchuk, a McMaster University economics and labour studies professor, who co-authored a recent report on the impact of precarious work.

More than 40 per cent of people employed in the knowledge or creative sectors are in precarious or vulnerable work, according to the report. More than one quarter of precarious jobs require a university degree.

"They're basically trapped in entry-level jobs," said Maureen O'Reilly, a librarian and president of the Toronto Public Library Workers Union.

The average wait time for someone to be hired as a full-time librarian with the Toronto Public Library is a decade — and that's for applicants who already have a foot in the door working other jobs at the library.

Universities, media organizations, hospitals and governments have also increasingly moved toward more precarious contract employment, Lewchuk said. THE CANADIAN PRESS

Maureen O'Reilly, a librarian and president of the Toronto Public Library Workers Union. THE CANADIAN PRESS

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ECONOMY

Belgians fear attacks will hurt tourism

Easter Eggs and bunnies on display in a shop in Brussels. THE ASSOCIATED PRESS

At the aptly named Planete Chocolat, the shelves are laden with enticing Easter treasures for shoppers: bunnies with bows, pastel-wrapped eggs and elegant boxes of pralines.

Swannee Vranckx, a clerk at the shop near Brussels' main square, said she would normally have seen 50 to 100 customers by mid afternoon in the days before one of the biggest holidays of the Christian year. But after the bombing attacks that shattered the tranquility of Belgium's capital, only a handful had come in search of Easter treats.

While the city's chocolatiers are quick to offer condolences to the victims of the tragedy, they are equally fast to express their concerns about the future. Their livelihoods depend on people from around the globe streaming into their shops to indulge in their world-famous goodies — and they know that tourists don't go places they don't feel safe.

1.45%

The rate at which the Belgian economy is expected to grow this year, down from a previous forecast of 1.6 per cent.

The bombings will cut consumer spending on recreation, leisure and tourism but they are likely to have only a short-term impact on the whole Belgian economy, according to Francesca Peck, an economist at IHS Global Insight in London. The losses may be magnified because the attacks occurred so close to the long Easter weekend, when restaurants and bars are typically busy.

THE ASSOCIATED PRESS

IN BRIEF

Uber protests airport's plan to fingerprint drivers

Uber has objected to Atlanta airport's plan to use fingerprints to check criminal records of its drivers, saying its own record checks are sufficient. Uber has agreements with more than 50 U.S. airports, none of which require fingerprint-based background checks. Those airports include major air hubs in Denver; Los Angeles; Memphis, Tennessee; Charlotte, North Carolina; and Salt Lake City, Utah. But New York City does fingerprint drivers, and the mayor of Los Angeles has asked state regulators to allow his city to do so as well.

THE ASSOCIATED PRESS

Deal reached to raise California minimum wage

California legislators and labour unions have reached a tentative agreement that will take the state's minimum wage from $10 US to $15 US an hour, a state senator said, a move that would make for the largest statewide minimum in the U.S. by far. At $10 an hour, California already has one of the highest minimum wages in the nation along with Massachusetts. Only Washington, D.C., at $10.50 per hour is higher.

THE ASSOCIATED PRESS

Al-Jazeera to cut 500 jobs

Al-Jazeera, the Qatar-based broadcaster, said Sunday it is slashing about 500 jobs a little more than two months after announcing the closure of its U.S. offshoot. The network confirmed it employs about 4,500 people. Most of those losing their jobs are based in Qatar.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, March 28, 2016

EXTRA ANNOYING Scientists looking for alien life have found that other planets' cloudy atmospheres are blocking their views.

metroview

ROSEMARY WESTWOOD

ON BEING A WOMAN IN COURT WITH GHOMESHI

Judge Horkins saw fit to underline the existence of false sexual assault allegations. It was an outrageous and unnecessary 31 words, especially after he earlier reiterated that the person charged with a crime gets the benefit of the doubt.

I doubt a single journalist walked into the Jian Ghomeshi sexual assault trial that first day of February suspicious of the heart of the allegations, or the three women behind them.

And I doubt even one walked out more than a month later doubting an acquittal was right.

But it was nevertheless excruciating to be a woman, sitting in the gallery watching the scandal diminish into thin testimony, easily batted away by the judge in his not-guilty verdict.

Even for those following every moment on Twitter, it was not the same as being in that room, seeing women's expressions, catching their glances, watching their faces as the witnesses described assault.

After Lucy DeCoutere's chief testimony, where she described being a people-pleaser who didn't want to upset Ghomeshi after the alleged assault, one woman reporter told me she cried listening to her account. "Of course!" the reporter said: Any woman could relate to that impulse.

But as the trial went on, sympathy and sisterhood was replaced at times with irritation, and bewilderment.

It only took Marie Henein, Ghomeshi's lawyer, one kick at the first witness for us to see that this was not going to be the trial we expected. Press coverage had created the mirage of a credible legal case against Ghomeshi, but the closer we got to the evidence, the more that credibility evaporated. After all the allegations of abuse, the months of stories, the investigations, the national conversation about sexual violence in this country: This was not going to be the comeuppance of a powerful man who hurt women, or, by proxy, a defeat of sexism itself. Instead, the trial became a microcosm of how women are coping with the status quo.

I saw in the protesters resilience, power and even righteousness.

SURVIVOR SOLIDARITY Protesters denouncing the Ghomeshi verdict have grown to a critical mass that could advance justice for sexual assault victims, Rosemary Westwood writes — but ingrained sexism remains an obstacle. TORSTAR NEWS SERVICE

Silent and mostly unnoticed in the front row throughout the trial sat Ghomeshi's mother and sister. Where others saw symbolism in the case, to the family it was "deeply personal," said Jian's sister, Jila.

Then there was Marie Henein and Danielle Robitaille, her protégé, as much the faces of the trial as DeCoutere. Both lawyers cut formidable figures in slick suits and "killer heels," a visual display of their fierce skills, as Anne Kingston of Maclean's would note.

To the National Post's Christie Blatchford, Henein and Robitaille became a kind of harbour in the storm, two women "so clearly not seeking favour" from other women that Blatchford deemed them a "comfort."

They stood opposed to female activists, who Blatchford and the Star's Rosie DiManno both seemed to suggest would sooner turn the court into a psychiatrist's couch then give women their due credit for being able to weather tough questions. To Blatchford, covering the trial "was akin to being a member, by virtue of gender alone, of an over-delicate, slightly feeble-minded citizenry in need of perpetual deference and protection both."

I understand her concern, but I also saw in the protesters, especially the hundreds of mostly women outside the court the night of the verdict, resilience, power and even righteousness.

I watched a group of women carrying signs hurry in the falling dark toward the crowd.

"Have a great protest!" I yelled, stupidly, wanting to join them.

They gathered for speeches and then a march to Toronto Police headquarters chanting what's becoming a slogan for the whole ordeal: "We believe survivors!"

One young woman told me the trial had ended any hope she had in the justice system, but she would commit herself to advocacy and support work instead.

Some were marching against the acquittal itself. But I saw them also as a mass coalescing against the stalemate in justice for sexual violence.

There is hope for future reform.

But there is also the much murkier world of ingrained sexism, the kind that, despite Justice William B. Horkins's mostly harsh but fair ruling, stained his judgment in two unforgivable ways.

First, Horkins called into question the women's post-assault behaviour, which he said shouldn't be governed by stereotypes, but then went ahead and called "odd" anyway.

Second, and most egregiously, Horkins saw fit to underline the existence of false sexual assault allegations, and state this: "The twists and turns of the complainants' evidence in this trial, illustrate the need to be vigilant in avoiding the equally dangerous false assumption that sexual assault complainants are always truthful."

It was an outrageous and unnecessary 31 words, especially after he took time at the beginning to reiterate that people charged with a crime, in every case, are the ones who get the benefit of the doubt.

As I walked home that day, the adrenalin wore off and the sadness sank in. Sadness for Ghomeshi's family, who clearly love him. Sadness for the witnesses. For the protesters. For all sexual assault victims.

I walked through my apartment door, and cried. Of course. What else is a woman to do?

Please province, may we possibly proceed with city business?

COLLINS' CAPITAL

Steve Collins

"Creatures of the Provinces" sounds like the lamest possible CanCon horror movie, but it's actually a long-running psychodrama for cities.

As far as the Constitution is concerned, there are two levels of government, federal and provincial. Sure, we elect a city council, but as a subordinate "creature," it can only do what provincial governments let it.

As a result, mayors complain they don't have the legal and taxation powers to do their ever-expanding jobs. Calgary's Naheed Nenshi is fond of pointing out that although he's mayor of a city more populous than five provinces, he has the same authority as the reeve of a small village.

Property taxes don't cover all the services we expect from cities, resulting in hikes in fees for countless little things and regular funding requests to senior levels of government. The provincially appointed Ontario Municipal Board has proven a fairly reliable forum for developers to have council decisions overturned.

Two effects of this system on councils are understandable frustration and a peculiar form of learned helplessness.

The latter was on display last week as the great photo radar debate got punted back to committee so the public could have a say. Good: The technology has detractors, and other jurisdictions have shamelessly used it to increase revenue in the name of traffic safety. We should absolutely have a little talk about the hows and whys.

All Coun. Riley Brockington was asking council to do was write the province and ask for the option to use photo radar if they saw fit. This wasn't a vote on photo radar, but on claiming the necessary responsibility to make the decision.

"This is a very major policy decision that we would be asking the province to give us power for," Mayor Jim Watson explained, sorta.

This hesitancy not only to take the wheel in a matter of city business but to even ask for permission, also arose during the debate on banning corporate and union donations to Ottawa election campaigns.

Not only did council decide not to tamper with the system, it voted against even assuming the power to do so.

There's no such timidity, however, in an upcoming motion from Coun. Mathieu Fleury, seconded by Mayor Watson, to license the payday-loans shops proliferating in low-income neighbourhoods, arguably helping to keep them low income. At the same time as the motion would instruct staff to look into the bylaw technicalities and consult those affected, council would go ahead and request the necessary powers from the province to regulate like big boys and girls.

In other cases, perhaps powerlessness has its uses.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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Batman v Superman shrugs off bad reviews, opens to $170M

Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Yolanda sticking to a budget and improving her cash flow.

Yolanda benefits from a buffer

LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Two young women have committed to transforming their financial lives in just 12 weeks with Metro's Money Makeover and finance guru Lesley-Anne Scorgie. Yolanda, 27, from Mississauga, is rapidly saving a down payment while Annick, 24, from Calgary, is crushing her consumer debt. With only three weeks to go, the big question is whether these ambitious women will achieve their financial targets.

THIS WEEK: Yolanda has planned a move and a trip to Montreal. Find out why, for once in her adult financial life, she doesn't have the heebie-jeebies about these upcoming expenses.

NEXT WEEK: Annick files her tax return and is surprised by the result. Has working with a tax professional been worth it?

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Yolanda has two expensive months ahead — $500 for movers, a truck and packing boxes as she moves back in with her mother in April plus another $500 for a fun trip to Montreal in early May.

Obviously the first is a need and the latter is a want — one that I believe is well deserved given her financial progress to date.

When I grilled Yolanda on her plan to pay for these one-off expenses, she confidently responded.

"When I stare at my budget I am happy. The numbers don't lie. I know I can afford these upcoming expenses. But, I will have to reduce what I spend on other things like meals and entertainment for a few months," she told me. "I'm making a financial trade-off and I therefore don't feel guilty."

Included in her plan is an expectation that she'll receive a healthy tax refund of a few thousand dollars during the month of April.

Certainly Yolanda will benefit from powerful charitable tax credits from her regular giving and also a tax deduction from her 2015 RRSP contributions.

But, history isn't always indicative of the future. What if Yolanda's tax refund is slim-to-none, or worse yet, she has to pay the government? Besides cutting back on her discretionary spending, she'll also have drain her "buffer" account that she's worked incredibly hard to build up.

And that's the point of a financial "buffer."

NET WORTH

Assets	
TFSA	1,000
RRSP	1,100
Savings	175
Pension	4,700
Total Assets	**$6,975**
Liabilities	
VISA	0
Master Card	0
Total Liabilities	**$0**
Net worth	**$6,975**

THE LESSON

Naturally most 20-somethings plan their finances optimistically: a tax refund will always be there; a raise is around the corner; a house, car or other big-ticket purchase will cost less than originally thought.

And dangerously, that a financial emergency, such as job loss, simply won't happen.

But, life deals a harsh hand at times and, in fact, the average Canadian experiences a financial gut-punch twice each decade.

When I lived with my grandmother during university she ingrained in my head that at all times I needed immediate access to a minimum of $1,000 to get out of a financial pinch.

She was right. I used that fund three times for burst pipes, a quick move and a hefty car repair bill — all before reaching age 25.

I cannot stress how important it is for every modern young person to build-up a financial buffer.

As a rule of thumb, if you've got credit-card debt, your buffer should be up to $1,000. If not, grow your buffer to the equivalent of three months' salary.

Gone are the days when Yolanda would raid her RRSPs and TFSAs to pay for minor emergencies, trips and vet bills.

Amongst many other valuable financial skills such as sticking to a budget and spreading out her expenses more evenly throughout the month (easier on her cash flow), Yolanda has learned that planning for the financial worst and hoping for the best reduces stress and squashes financial guilt.

Yolanda isn't letting some one-off expenses get her down this month because her budget can handle it. LIZ BEDDALL/METRO

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How to make a superhero mashup

SUPERGIRL

There are a few things needed when executing a crossover

Look, up in the sky! It's a bird, it's a plane, it's every single comic book superhero ever created comin' atcha!

Hot on the heels of Batman v Superman: Dawn of Justice comes television's latest comic book crossover. On Monday's Supergirl (CBS and Global at 8 p.m.), The Flash's Grant Gustin darts away from his own show and teams with Melissa Benoist for an episode titled World's Finest.

The common denominator in this clash of DC Comics titans is executive producer Greg Berlanti. The busy showrunner is considered a show business superhero, juggling six series at once. Most are comic book fantasies, with Arrow and DC's Legends of Tomorrow also produced under his watch.

Still, not everybody can make a crossover episode work. Here are four things Berlanti and his co-executive producers needed to make Monday's episode happen.

The Flash is darting away from his own show to join the cast of Supergirl on Monday. CONTRIBUTED

Super accommodating stars

Benoist, 27, is still in her rookie season and was all smiles in January as she and other cast members spoke with reporters at their Los Angeles studio.

"People were ready to see a strong female heroine," she says, adding how humbled she is "every time a little girl comes on set" and sees her in that familiar red, yellow and blue costume.

The Texan is on her home court for the crossover. Gustin, on the other hand, had to fly to L.A. from Vancouver where he already puts in 12- to 14-hour days. "Logistically it's almost impossible," Gustin said earlier this year on the Vancouver set of his series. He says the effects-heavy series is tough enough to complete on a TV schedule.

Super proximity

Crossovers between The Flash and Arrow and even DC's Legends of Tomorrow are made easier by the fact that all three shows are on neighbouring soundstages in Vancouver. The same is true of Chicago-based Dick Wolf dramas Chicago Fire, Chicago PD and Chicago Med. The Supergirl/Flash crossover was trickier because of Gustin's travel, but at least Vancouver and L.A. are in the same time zone.

Super storyline

On Monday's show, Flash visits an alternative Earth and helps Supergirl out of her recent funk by taking on two bad girls: Livewire (Brit Morgan) and Siobhan Smythe, now the Silver Banshee (Richmond Hill's Italia Ricci). The latter has a sonic scream that can crack concrete.

Super synergy

While Supergirl is on CBS and The Flash is on the CW, this crossover is still all in the family. Both shows are produced by Warner Bros. Television and DC Entertainment. The CW is jointly owned by Warner Bros. and CBS. Berlanti always saw crossover potential.

New CBS programming boss Glenn Geller saw it too and, faster than a speeding bullet, a crossover was ordered.

TORSTAR NEWS SERVICE

THE CANUCKS

Canadian crossovers

Here are two more Canadian crossovers in TV's comic book world:

Amell. HANDOUT

Stephen Amell (Oliver Queen/Arrow on Arrow): The 34-year-old Toronto native will soon star as Casey Jones in Teenage Mutant Ninja Turtles: Out of the Shadows.

Laura Vandervoort (Indigo/Brainiac 8 on Supergirl): Before headlining Bitten, the Toronto native played Supergirl on the CW series Smallville.

TORSTAR NEWS SERVICE

Laura Vandervoort. HANDOUT

NEW ALBUM

Meghan Trainor learns to say No

When playing songs from her upcoming sophomore album for her record label, Meghan Trainor heard this word from L.A. Reid: "No."

Reid, the veteran executive and Epic Records president, was referring to her first single. She didn't have one, he said.

Angry and upset, Trainor called producer Ricky Reed. They had collaborated on some of the songs she'd played for Reid, and in a day, they created No, the anthemic, beat-driven, Destiny's Child-influenced hit that's a departure from her signature doo-wop pop sound.

Reid's thoughts: "Yes." More like yasssssss!

"I wrote No, and he was like, 'Give me five of these.' And we wrote five more songs," Trainor said in a recent interview.

"It was such a relief, like I could sleep at night knowing I finally found the single.

"That's like the biggest stress for an artist, especially (for) album No. 2."

No, which has already peaked at No. 11 on Billboard's Hot 100 chart, isn't about L.A. Reid. It's a song about boys and female empowerment. Reed, frontman for Wallpaper and a producer behind songs for Jason Derulo, Twenty One Pilots and Pitbull, said creating the tune was like opening Pandora's box.

Meghan Trainor's new single No has already peaked at No. 11 on Billboard's Hot 100 chart. THE ASSOCIATED PRESS

The other songs "were very great songs, but No was really the catalyst for the rest of the album," Reed said.

Of the songs on her new album, 22-year-old Trainor says with a laugh: "Songs like that wouldn't exist if L.A. Reid didn't push me till I wanted to cry."

The new album, Thank You, will be released May 13. Trainor has taken a more contemporary vibe compared with her 2015 debut, Title, which featured the hits Like I'm Gonna Lose You, Dear Future Husband, Lips Are Movin' and the game-changer All About That Bass.

The new songs are more confident and sleek, a reflection of Trainor, not just the singer, but also the person.

In her No music video, which debuted this week, Trainor trades her colourful, bright backdrops, buttoned-up ensembles and schoolgirl dance moves for sexy gyrations, tighter clothes and an overall darker setting — in the vein of late '90s pop music videos.

"I'm learning (about) myself even more. I'm learning what clothes are comfortable and what I love and what makeup and hair (I like)," said Trainor, who has gone from being a blond to a redhead.

"We changed everything and I'm very comfortable and all this promo isn't so scary anymore."

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Shandling was a master of unmasking

THE SHOW: The Larry Sanders Show, Episode 89 (YouTube)
THE MOMENT: Jim Carrey's farewell

On his last night as a talk show host, Larry Sanders (Garry Shandling) introduces Jim Carrey, who makes a hammy entrance to huge applause. "You'd think it was your last night," Sanders says, with a (clearly pained) smile.

"Just when I thought everything was solid in my life, you decide to go," Carrey says. "You know I can't get it up? Ever since the announcement I've been flaccid."

Carrey launches into the ballad And I Am Telling You I'm Not Going, from Dreamgirls; he leaps on Shandling's desk, hugs him. Until they go to commercial.

"Let's cut the crap," Carrey snarls. "What are you gonna do now, movies? I'll crush you."

"Are you doing a bit?" Shandling asks nervously.

"We're off the air, Larry," Carrey says. "This is real life now."

When Shandling died last Thursday at age 66, Twitter exploded with RIP's from comedians (Jimmy Kimmel, Seth MacFarlane, Albert Brooks, Ricky Gervais), praising him for popularizing and perfecting so many current comedy trends: behind-the-scenes exposés; a deadpan, laugh-track-free tone; takes that linger on uncomfortable moments; celebrities playing nasty versions of themselves.

Garry Shandling as Larry Sanders. CONTRIBUTED

His show established HBO as a go-to source of cutting-edge humour, and launched a raft of talent including Bob Odenkirk and Jeffrey Tambor (who are still pushing the envelope on their respective current series Better Call Saul and Transparent).

Shandling wasn't the first person to unmask Hollywood as a snakepit of insincere egomaniacs hiding their desperation under their tooth veneers, and he won't be the last.

But to date, he did it the best.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

Cub Jason Heyward was forced to climb the outfield fence as a swarm of bees invaded Sunday's Chicago-Seattle game

IN BRIEF

Djokovic survives a spill
Novak Djokovic took a nasty spill during a tight first set but then pulled away and beat Joao Sousa 6-4, 6-1 Sunday in the third round at the Miami Open.

Djokovic slipped and fell on his left side behind the baseline as he hit a running forehand into the net to lose serve, making the score 4-all. But he rose unhurt and soon took charge of the match, losing only 11 points in the final eight games.

"The first set was very close," Djokovic said. "It could have gone either way. I played well in the right moments."

THE ASSOCIATED PRESS

Stunner for young guns
Marco Bustos' second-half goal proved to be the winner as Canada's under-20 men's soccer team stunned hosts England 2-1 in an exhibition game Sunday. Kadin Chung opened the scoring for Canada just 14 minutes into the first half.

THE CANADIAN PRESS

Griffin finally begins ban
The Los Angeles Clippers say Blake Griffin has been medically cleared to return to the team and will immediately begin serving a four-game suspension for punching their assistant equipment manager.

Griffin, who has not played since December, was suspended for punching Matias Testi in an incident in Toronto in January.

THE ASSOCIATED PRESS

Hutchison OK after catching a sore one

MLB

Freak throw hits Jays pitcher in the head, but he laughs it off

Drew Hutchison is vying for a spot in the Toronto Blue Jays' rotation. THE CANADIAN PRESS FILE

Drew Hutchison was more amused than frightened.

The Blue Jays pitcher escaped injury Sunday when he was struck in the back of the head by catcher A.J. Jimenez's throw to second base on an attempted stolen base during a 7-3 victory over the Tampa Bay Rays.

The smiling right-hander high-fived Toronto teammates and remained on the bench for a while after being removed from the game in the fifth inning. He later described the scary moment as just "one of those things," adding he probably would have argued to continue pitching if it had been a regular-season game.

"I'm good. It's one of those weird things that happened. It's what you get for being dumb and walking the leadoff guy," Hutchison said. "I was throwing the ball well. Unfortunately something weird happened and I had to come out."

Hutchison walked Brad Miller leading off the fifth. With Steven Souza Jr. batting, Miller took off for second and Jimenez's throw struck the pitcher, who crouched low to the ground on his follow through. The ball caromed into left field, allowing Miller to continue to third base.

Trainers and manager John Gibbons spoke briefly with Hutchison before the pitcher walked off the mound to the dugout, where sat on the bench for remainder of the half-inning.

"You don't see it that often. I thought it got him in the leg, and it ended up getting him in the head," Gibbons said. "But he's all right. He's got a hard head. We've always known that."

Before leaving the dugout and walking up the right first line to the visiting clubhouse at Charlotte Sports Park, Hutchinson said a few words to Jimenez and patted the catcher on the back.

"We're good," Hutchison said of Jimenez. "Unfortunately, it's just a weird play ... that you've got to laugh at."

> **He's got a hard head, we've always known that.**
> John Gibbons

Hutchison, trying to earn a spot in the starting rotation, struck out two and walked three. Miller eventually scored in the fifth, racing home on Souza's sacrifice fly.

"I thought I had really good movement," the Toronto starter said. "That's probably the frustrating part about today. Having to come out, not keep going and get deep into the game."

Five different players drove in a run, while Hutchison allowed one run and one hit as the Jays scored three times in the eighth to pull away from a 3-3 tie. THE ASSOCIATED PRESS

HOCKEY

Points to prove for Canucks

The Canadian women's hockey team has beaten the U.S. for gold in four straight Olympic Games. Why can't they do the same at world championships lately?

"That's a good question. We've got a week to figure out how," Canadian forward Hayley Wickenheiser said.

The U.S. downed Canada to win five of the last six world titles, so they are subject to the reverse question. Why world titles and not Olympic gold?

"We get that question a lot to be honest," U.S. captain Meghan Duggan said. "You look at the last handful of world championships. I think we've won the last five out of six and we all know how the Olympics have gone."

The North American rivals open the 2016 women's world championship Monday against each other in a preliminary-round game in Kamloops, B.C.

While Finland, Russia and Switzerland have closed the gap somewhat on the frontrunners in women's international hockey, odds are on Canada and the U.S. meeting again for gold April 4 for a 17th time.

Sweden, Japan and the Czech Republic round out the field.

After winning the first eight women's world championships, Canada has won just twice over the last eight.

"These tournaments come down to one game. It's performance on demand," Wickenheiser said. "I do believe our team has the ability to rise to the occasion." THE CANADIAN PRESS

CURLING

Carey crew crushed as bronze slips away

Russia's Anna Sidorova edged Canada's Chelsea Carey 9-8 to capture the bronze medal Sunday at the women's curling world championship. The loss effectively puts Carey's Calgary-based rink of Amy Nixon, lead Laine Peters and second Jocelyn Peterman back to square one for Olympic qualifying.

Nixon, who won bronze at the 2006 Turin Games, was heartbroken after watching an Olympic qualifying berth slip through her fingers.

"I'm not going to lie, I'm gutted. I'm gutted," said Nixon as tears streamed down her face. "One of the hardest losses of my career, personally.

"I just feel like this was maybe my chance."

Switzerland's Binia Feltscher defeated Japan's Satsuki Fujisawa 9-6 in the gold-medal final Sunday. The Swiss have won three consecutive world titles.

THE CANADIAN PRESS

ROWING THAT SINKING FEELING The Cambridge women's crew, including Calgary's Ashton Brown, struggle to stay afloat after taking on a lot of water in the annual Boat Race on the Thames in London Sunday. Fellow Canadian Emma Lukasiewicz helped Oxford triumph. RICHARD HEATHCOTE/GETTY IMAGES

GOLF

Dominant Day hits No. 1 spot in style

Jason Day made his return to No. 1 in the world feel even sweeter Sunday by winning the Dell Match Play.

Day outlasted Rory McIlroy in an epic battle in the morning semifinals by making a 12-foot par putt on the 18th hole. The championship match against Louis Oosthuizen turned into a victory lap at Austin Country Club.

And to think Day thought about pulling out Thursday morning when his back seized up on him. Three days later, he looked better than ever.

"It's been a memorable week, not only to win the Dell Match Play but to get back to No. 1 in the world," Day said.

Day pulled ahead with a 10-foot birdie putt on the par-3 fourth hole, stretched his lead to 3 up at the turn and was relentless with his power and short game the rest of the way.

THE ASSOCIATED PRESS

RECIPE Pancake Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Why shouldn't two of your favourite dishes live happily on one plate?

Ready in
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients
- 2 cups spelt flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 Tbsp cinnamon
- 1/4 tsp grated nutmeg
- 1/4 tsp salt
- 1 cup buttermilk
- 1 cup milk
- 1 egg
- 1 tsp vanilla extract
- butter for pan
- Filling: Nutella, sliced fruit like bananas, strawberries, apples, Greek yogurt, honey, syrup, peanut butter, almonds, walnuts, coconut, etc.

Directions

1. In a large bowl, whisk flour, baking powder, soda, cinnamon, nutmeg and salt. In a medium size bowl, whisk milk, butter milk, egg, and vanilla extract. Combine wet ingredients into flour mixture and stir until just combined. Let rest in refrigerator.

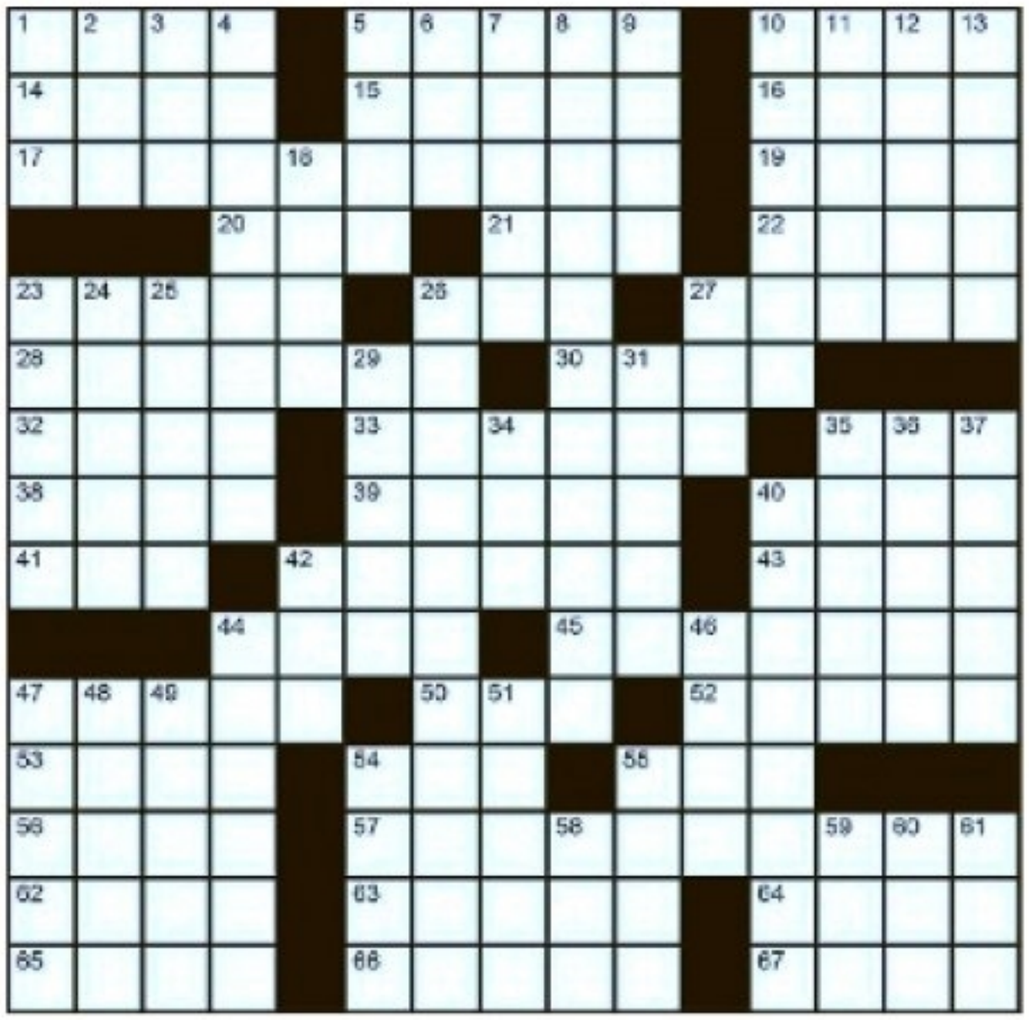
2. Place a large skillet over medium heat and allow to warm. Remove batter from the refrigerator. Add a tablespoon of butter to skillet and let melt. Working in batches, ladle batter into skillet and cook until bubbles appear on surface. Flip and cook another minute or two. Remove from skillet. Repeat until you've used all the batter.

3. Place pancakes and fillings on the table and allow people to build their own.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Yesterday: French
5. Choreography components
10. Gilda Radner character, __ Wawa
14. Ancient outfit
15. The Vatican's governing body
16. Mongolia's capital, __ Bator
17. The __ Saddledome
19. Take a chance
20. Philosophy
21. __-hee! (Haha!)
22. Dog's wagger
23. Thread holder
26. "__ Air" (1997)
27. Search party in a Western
28. Mutant in "X-Men: Days of Future Past" (2014)
30. Tiger Woods' ex-wife
32. Nautical side
33. Actress Kirstie, and surnamesakes
35. Decline
38. Do some gardening
39. West Yorkshire city in England
40. "__ be okay."
41. Li'l time segments
42. Grapefruit-like fruit
43. Illusionist, archaically
44. Soaps actress Ms. Sofer
45. __ Fields (Heavenly abode in Greek mythology)
47. Mumbai's country
50. Headshakes meanings
52. Property measures
53. "Disco Duck" singer Rick
54. Reverend Scott's portrayer in "The Poseidon Adventure" (1972) ...his initials-sharers
55. Forensic 'fingerprint'
56. Eagle of the sea, variantly
57. Directed backwards
62. Hertz competitor
63. Space stranger
64. Organic compound
65. Tick-borne sickness, __ Disease
66. Skate part
67. Faux-hued hair

DOWN
1. Elevs.
2. Winter/Summer games org.
3. __ trip
4. Like short-in-supply food
5. Swindle
6. Cause supporter, __-thumper
7. Greek Myth: Muse of love poetry
8. Some of the 'leaves' in a coniferous forest: 2 wds.
9. Interest
10. Music Hall of Fame inductee Mr. Cummings
11. Handle
12. Underlying component
13. Summery jewellery, __ bracelet
18. __ of Wight (1970 rock festival)
23. Chart-topper in music
24. Less blushful
25. Moulding styles
26. "'2 Heads" singer from Thunder Bay: 2 wds.
27. Sleuths, e.g.
29. Bird's prey clasper
31. Disinfecting product
34. Kathie Gifford connector
35. Flight segment
36. Pond buildup
37. Valley varieties
40. Song by #10-Down that goes "Never been much on religion...": 2 wds.
42. __ coat
44. Where #17-Across is located in Calgary, 555 Saddledome ___
46. Dr. Cristina __ (Sandra Oh's role from "Grey's Anatomy")
47. Best
48. Brash
49. Jeans material
51. Ancient seaport of Rome
54. Seize
55. Finished
58. Popular lipstick colour
59. "Pick a card, __ card..."
60. Jane or John
61. Yore

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid controversial subjects today, because people are quick to anger. Furthermore, not only are people hot tempered, they are blind to logic and reason.

Taurus April 21 - May 21
This is a poor day to discuss how to share something, because people are intense. However, if you really have to fight for your best interests, it might work; you will be courageous!

Gemini May 22 - June 21
Don't make a big deal out of things with partners and close friends today, because matters quickly can get out of hand. Wear water wings, and stay in the shallow end of the pool.

Cancer June 22 - July 23
You have lots of energy to work today. The only downside is that you might be demanding of others. Just take it easy.

Leo July 24 - Aug. 23
This is a powerful day for those of you who are involved in sports. However, regarding other matters, you might be coming on too strong. Be gentle with children and romantic partners.

Virgo Aug. 24 - Sept. 23
You can use your energy today to move furniture and make improvements and renovations to your home. Do your best to avoid family arguments.

Libra Sept. 24 - Oct. 23
You are powerful and forceful today! Because you are persuasive, people will listen to you. Nevertheless, don't be overbearing.

Scorpio Oct. 24 - Nov. 22
Be careful when shopping today, because you might be overruled by your strong feelings instead of your good common sense. There's a difference between a want and a need.

Sagittarius Nov. 23 - Dec. 21
This is a powerful day for you, because the Moon is in your sign, lined up with fiery Mars. This makes you courageous, but also inclined to argue! Stay chill.

Capricorn Dec. 22 - Jan. 20
You can pull some strings from behind the scenes today because you have influence. One area that is a strong focus now is your home and family.

Aquarius Jan. 21 - Feb. 19
Avoid confrontations with a female companion, especially in a group, today. Things could quickly get out of hand. Keep your head down and your powder dry.

Pisces
Feb. 20 - March 20
Discussions with authority figures might be too intense today. Be polite — the power of courtesy can never be underestimated. Don't go looking for trouble.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4	3				6	5	
1			7		4			3
8			3					1
3			6					7
	7	6				1	3	
2			5					8
4			8					6
9			1		7			2
	8	7				3	1	

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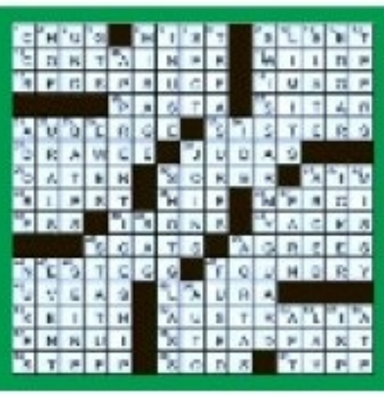
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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7	8	4	5	2	9	3	6	1
3	9	5	6	8	1	7	2	4
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9	7	6	4	3	2	5	1	8

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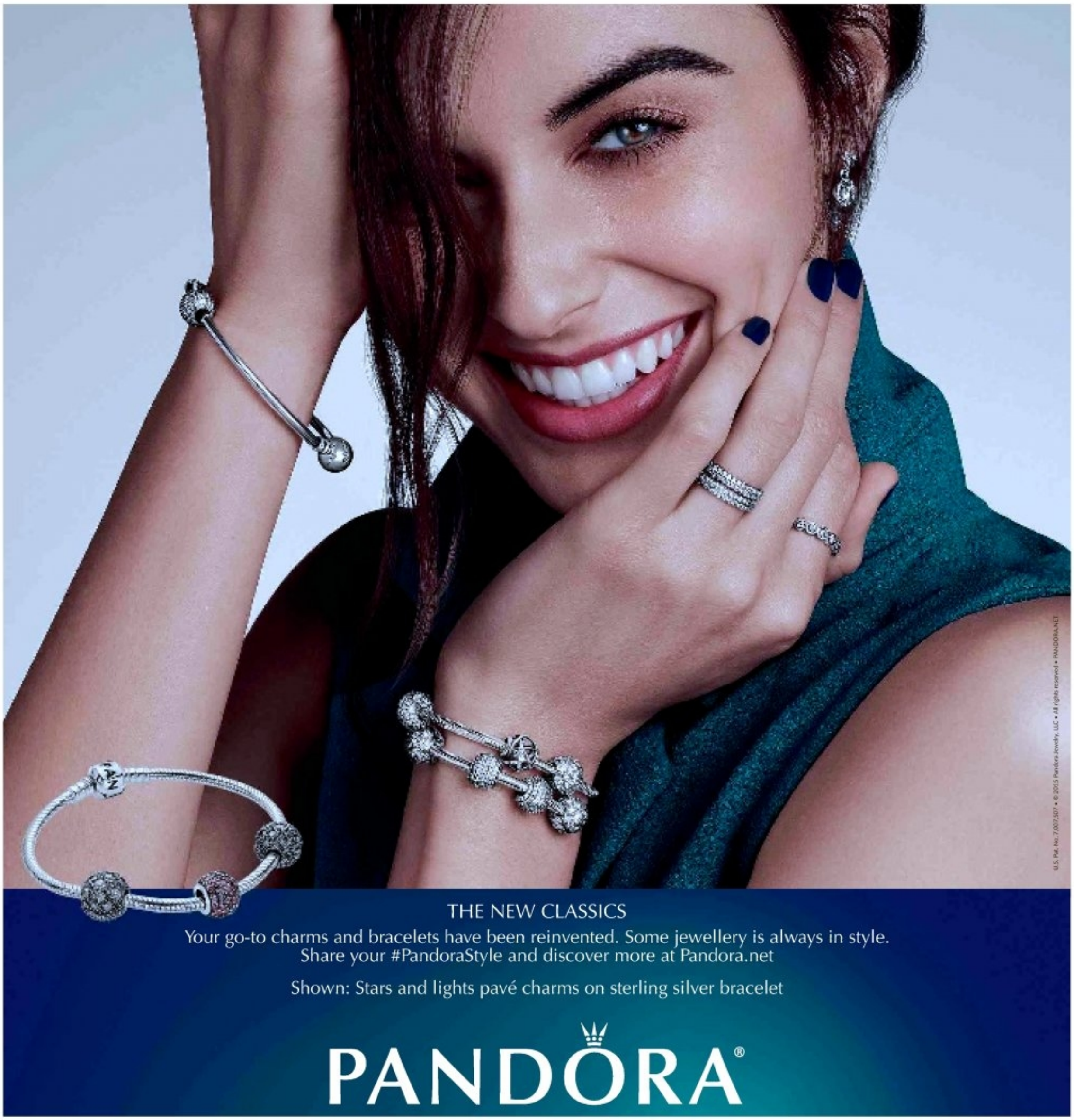
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